

BRIDGES

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A 1960s theme and celebrity guests at SPCA's Fashion Faux Paws **P. 4**

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Effortless style and clean lines suit natural beauty **P. 6**

WINE WORLD:

The most versatile red for your money: The chicken wine **P. 31**

WEDNESDAY, MAY 13, 2015

A STARPHOENIX COMMUNITY NEWSPAPER

THAT RUMBLING SOUND

SHELDON DINGWALL'S BASS GUITARS
CAN BE HEARD AROUND THE WORLD
P. 8

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#ROLL1

I Am Currently Working On a Novel



Roll

I Am Currently Working On a Novel is my fourth book, my third of short fiction and my first with Toronto's *Lightbox Books*.

I used the same daily method to write this book as I did my previous titles — I drink an extraordinary amount of coffee every morning (often two dozen or more cups) and then carefully write down everything that happens.

Largely a collection of flash or very short fiction, the 78 stories in *I Am Currently Working On a Novel* range in length from one to seven pages.

There are stories set in Holly wood, London and the bottom of the tea. There are stories about

ghosts and robots, love and Post-tension, death and immortality.

If you've been long-time watch-fid eyes on literary magazines, you may have noticed many of the tales in publications like *Gulf Haydn's Perry Review*, *Transition* and others.

Early reception of the book has been excellent, with rave reviews in *PMN*, *Flash Fiction Chronicle*, *Heavy Feather Review*, *Noon*, *Transition* and others. And I was recently longlisted for the *Pink O'Connor International Short Story Award* — the world's richest prize for short fiction.

The publisher was kind enough to let me draw the book's cover image — a kind of grim cartoon,

I draw cartoons for a wide variety of magazines, including *Reader's Digest*, *Illustrated Business Review*, *Chronicle of Higher Education*, *Barro's Advertiser* and lots of others.

I Am Currently Working On a Novel is available at Chapters, Amazon, from the publisher's website (lightboxbooks.com) or if you'd like a signed copy from the author (not included cost).

Now, as it happens, I am currently working on a novel I call *The Gipsy (Mistress)* and have two others slated for release in 2016 — *Kilanga* (Anansi/Groundwood) and *The Sea/Moon* (Guernica Editions). So keep an eye out for those too.



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 10 a.m. to 12 p.m.

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Workers at Ormwell Curium are busy building bass pulleys that will be used by musicians worldwide. BRIDGES PHOTO BY RICHARD MAHLAN

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Incorrect information ran in last week's story titled "The people's cop becomes an author." Eric Louf's second book will be released later this summer. Bridges regrets the error.

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FASHION PG. 6



Chase fires and well-fitting basics equal style for Adria. Trenchcoat: Anthropologie. Photo by Liam Richards.

BRIDGES COVER PHOTO BY RICHARD MAHLAN

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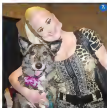
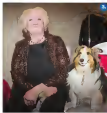
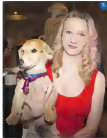
ON THE SCENE

FASHION FAUX PAWS

The Saskatoon SPCA holds its annual spring gala, Fashion Faux Paws, at the Hilton Garden Inn on May 8. Shannon Twiss, Simmons and daughter Sophie Twiss were VIP guests for the 16th. For the event, guests dressed to fit the theme and enjoyed an evening of music performed by the Roadshow Baroque Club. An evening show featured a spin on 60s chic with local celebrity models and pups from the shelter.

The SPCA was founded in 1908 to provide for abandoned, homeless and neglected animals. The organization gives shelter, care, nutrition and love to about 4,000 animals annually. To donate or to learn more about adoption, visit www.saskatoon-sPCA.com.

KIDDER'S PHOTOS BY LIAM RICHARDS



ON THE SCENE



1. Actress Sherrin Tweed
wears all the VIP guests

2. Sherrin Tweed and
Vincent Van Go

3. Carol Holland and Sherry
4. Scott MacMahon and
Mia

5. Megan Schmidt and
Indigo Dene

6. Joe Biedler and Poo
Woo

7. Heather Sutherland and
Anchor

8. Models some with their
pups with the camera

9. Kirby Erns and Gentry

10. Sophie Tweed uses her
cell phone to record her
mother

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Every life-lease suite receives one outdoor parking stall in the on-grade, heated parking, with adjacent individual dry washed storage rooms. Residents enjoy free access to the numerous attractive amenity spaces.

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Contact
Shelley Davis

www.hydeparkview.org

Above Your Expectations!

FASHION YXE

What's your favourite look for summer 2015?
Send a photo to bridges@thestarphenix.com

FASHION IN SASKATOON

Effortless style suits natural beauty

By Jenn Sharp

For Amanda Tentzen, style is effortless.

When she was younger, her closet was full of attractive, fancy pieces to match her bleached blonde hair and penchant for punkish lipstick. Today the 29-year-old gravitates towards a more comfortable and relaxed look with clean lines. She's most often wearing solid or dark colours and high-waisted pants, which she feels suit her body the best. She's also learned that a good tailor makes all the difference.

"I started doing a lot of vintage shopping and was getting the clothes tailored to my body," she says, of her move away from downtown Saskatoon.

She likes to shop the vintage rack too, usually the pieces on sale are a better size so she has a crafty friend tailor everything for her body. "I then it fits me like a glove."

While she still loves to shop the vintage racks, she's been drawn to H & M more of late.

"I really like shopping at the holy trinity: Forever 21, H & M and Urban Outfitters," she laughs, adding she'll have to change it up in her 30s. For now, those stores offer the clothes she likes at the right price.

"I like clean-cut clothing that's figure flattering and (appropriate for) every day."

Her "every day" is a mixed bag, she is a fourth-year social work student at the University of Saskatchewan and works at three restaurants in Saskatoon's Riverside neighbourhood. She walks everywhere and wants a style that fits her busy lifestyle.

Her favourite outfit for serving are a high-waisted skirt with a tight tee-shirt or black jeans with Vans sneakers to keep her feet happy during long shifts. You won't find her wearing blinged-out earrings (she doesn't like accessories), lots of eye makeup or a short dress, it's just not her style. This beauty of Greek and German heritage prefers a more natural look.

"I'm not somebody that really dresses up," says Tentzen, adding she does like to wear a good pair of black heels from time to time.

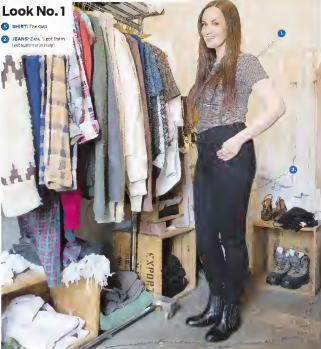
When she's not at school or work, she enjoys grabbing coffee with a friend. Caffeine is also great places to people watch. Tentzen is always pleasantly surprised by Saskatooners' affinity for denim.

"I like how everyone has their own unique style. There's a lot of stuff that I could never feel comfortable wearing — I see other people wear it (and) it puts a nice smile on my face."

Look No. 1

1. **SHIRT** The top

2. **JEANS** Denim, I got them last summer in Italy



FASHION YXE

What fashion trend do you wish would disappear?

Send a note to bridges@thestarphoenix.com

Look No. 2

- 1 **TRENCH COAT:** White Shellie: "I've had it for two months. I really like the length on it. Sometimes trenches are too long because I'm shorter. This one was just the right size."
- 2 **THE SHIRT:** H & M in Athens: "She wore it once last summer before I'd had a family."
- 3 **JEANS:** H & M in Athens: "I like the ripped look on the knees. I've always been a denim fan."
- 4 **SANDALS:** Sweet Shoe Lounge: "I love them because they're black, strappy and comfortable. It's a perfect shoe."

BRIDGES PHOTOS
BY LIAM RICHARDS



ON THE COVER

He said 'Why don't you make basses and I'll stick with guitars.' Then we shook hands and that was the start of it all — *Sheldon Dingwall*

MUSICAL INSTRUMENT MAKER

Dingwall basses make noise around the world

By Chris Morin

In the 1980s, Sheldon Dingwall found moderate success on the *Alberta* rock circuit. But it wasn't until after he stepped out of the spotlight that he found international fame.

Following his career as a musician, Dingwall founded a boutique instrument business in Seaside, crafting sophisticated electric bass guitars — a move that's put his name in rock magazines across the world.

The Seaside-based native has sold his basses throughout North America and has found niche markets in Europe, Japan and Russia. He's heard his instruments on rock-selling albums by Phil Collins, Lorena Lynn and Metallica. His basses have even appeared on Broadway musicals and in award shows like the *Rock* *Roll* *Music* *Awards*.

"It's been a long ride, and the industry has changed in certain ways," Dingwall says. "I've had so many customers come up and talk to me about what they are looking for. So much so we might like to plus a product, there will always be someone out there who wants something different."

The challenge and the necessity have kept him going for more than two decades.

Originally from Carleton Place, Ontario, Dingwall's interest in music came at an early age. The bass wasn't his first love, he started piano lessons at five, moved to drums at 10 and guitar at 12. Within two years he was teaching others to play both instruments.

Discovering rock 'n' roll as a teenager, Dingwall eventually found himself in Vancouver's burgeoning music scene, playing in a band called New York, New York.

"We were mostly on the heavy side of rock," recalls Dingwall. "But we weren't alone playing synth pop."



Renowned guitar maker Sheldon Dingwall learned to build from his uncle, a renowned luthier, during his teenage years. DINGWALL PHOTO BY RICHARD MARRAS

I would go through different combinations of bridges, necks and bodies, and that's where I discovered that quality matters — Dargavill



Shawn Dargavill watches his work while working on a new guitar body. Photos by the author.

The group kept a rigorous schedule, touring Western Canada and playing some 200 nights a year. It was a "working band" that played six nights a week on the road. Many musicians travelled with their own P.A. systems, and would set up in whatever bars and clubs that would be willing to host or pay them.

New York, New York shared the stage with several bigger names at the time, including The Beatles, The Rolling Stones, and The Who. Dargavill was the lead guitarist with the band. General Ray Shultz was

"When I met him, I was in full stage gear, which was back in the age of spandex smoking jackets," laughs Dargavill.

It was out on the road where he developed his chops as a player, but Dargavill also discovered the necessity of being able to fix a broken guitar at a moment's notice.

Dargavill had an uncle who had worked him as building instruments. He started on strapping guitars during his time at home, and then would take them out for a "tourist test" while he was playing on stage.

Continued on Page 11

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I've had so many customers come up and talk to me about what they are looking for. So as much as we might like to plan a product, there will always be someone out there who wants something different. — Dingwall



(This page) The guitar bridges used in Dingwall guitars. (This left) The owner poses on a Dingwall guitar (Bottom) Stephen Dingwall with a few of his guitar-related friends or customers around.

"I would go through different combinations of bridge, necks and bodies and that's where I discovered that quality matters," said Dingwall. "There would be a weak link, that would fail on these guitars, and they

would fail at the most inopportune moment."

Playing in remote areas, Dingwall couldn't afford to have his equipment fail, apart from he was hours away from a music store. He began making

sure he pack components that could withstand the rough presence of storage vans and shoddying.

When the band began to run out of gas and Dingwall began to ponder returning home late on the road, the

obvious idea was to take his love of handmade instruments to the next level.

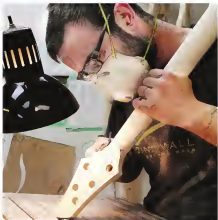
"It's in my DNA. I started off with designing dashboards and learning how to build them before moving on

to mountain bike parts.

"With anything that captures my attention, it isn't long before I start thinking about how I could do it better."

Continued on Page 12

There are things hidden inside these instruments where most companies try and save money. But this is where the heart of the instrument comes from — it's where you need the quality the most. —Dingwall



Head wonder Ryan Marshall (left) and wood expert Andy Green at work at Dingwall Guitars in Saskatoon. (PHOTOS BY RICHARD MANN)



"I think a lot of entrepreneurs are afraid this way."

Even though he left behind life on the road, Dingwall hasn't forgotten the lessons he learned as a touring musician.

"These are things hidden inside these instruments where most companies try and save money," he says. "But this is where the heart of the instrument comes from — it's where you need the quality the most."

After leaving New York, New York, Dingwall began manufacturing replacement guitar necks on a full-time basis. The necks led to bodies, which led to fully assembled guitars, which led to requests for basses.

"I had built a few guitars for my own use when I was touring, and then I developed some necks that seemed to get a good response from other players," said Dingwall.

He officially launched Dingwall in

1996. Moving into making high-end instruments, he also began supplying custom necks and guitar bodies to a few small builders in the U.S. and Hong Kong. He started on Broadway Avenue in the new dance HILL, near the new basement, and then moved to the third floor of Uncle Eli's Restaurant-Skate-A-Palooza.

The instruments Dingwall makes have a distinctive look to them. The frets on the necks are fixed out, unlike electric bass guitars that have a more traditional look.

That style came from Ralph Novak, an American musician who played an instrument that could accommodate his unique style of playing. Novak, says Dingwall, was the inventor of the modern day fixed fret in the 1960s.

"The idea behind the design is that it gives the lower notes of the bass more sustain," Dingwall says.

"I had been struggling with how to fix the lower notes on bass guitars. Someone from a piano background told me to do the design."

After finally getting an opportunity to meet Novak at a music trade show, Dingwall still remembers receiving the final push he needed.

"He said, 'Why don't you make basses and I'll stick with guitars,'" recalls Dingwall. "That was the push he needed and that was the start of it all."

Popular music has been going in toward the lower bass frequency for decades. Dingwall's customers make clear that current bass guitar technology was not addressing their needs. It was also clear that people had no problem handling lower notes, says Dingwall. For a solution, he looked toward piano design.

The fixed-frets are an artifact

of taking the traditional piano approach of taking the metal (like steel) approach from piano and harp and applying them to a bass," he explains. "Like a piano or harp, the lower guitar strings are longer and the higher pitched strings shorter. Using multiple scales the frets need to be spread out on the bass side in order to line up with the notes properly."

The fix pattern is aesthetically striking, but it also requires more patience to master for most players. Players that play a lot of chords in the upper frets require a lot more adjustment, while musicians who hang down in the lower frets usually adapt within minutes.

Dingwall was working on impact on the boutique instrument world. Then everything came to a grinding halt.

On October 8, 1996, the building that housed his business burned to the ground. The fire was one of the

biggest setbacks in his career.

"That definitely put us back," he recalls. "Since things could be replaced easily, but there were notes from customers that I could never get back."

It took years before he had recovered fully, which included finding a new home for his operations. Nova days he's settled his business in the city's north end. It's also a place where several up-and-coming musicians have a place to play their trade.

Covered in sweat, Jeff Koser is responsible for putting together the wooden pieces of the bodies of the bass guitars. It's also the frames of Old Joe and the Truth Harris — a folk group that has played through-out Saskatchewan, including the New Creek Festival. Ryan Marshall, who contributes to quality control, is similarly based on stages with his own sets throughout the province.

I had been struggling with how to fix the lower notes on bass guitars. Someone from a piano background clued me in on the design — Dingwall



The fret on a Dingwall guitar are fixed, giving the bass notes a distinct sound. (PHOTO: PHOTON MAGAZINE)

You can also find bars on the winding room, making sure that the signature pieces of the bass comply with the highest standards.

"I consider him one of the best bass players in the city," says Dingwall.

Along with the Saskatchewan Dingwall, Dingwall has helped bring the Phoenix into a small but well-respected niche in North America.

"Perry Gasker was the first Canadian electric guitar manufacturer. I think they deserve more

recognition than they've got for that. I'm very proud to know them," Dingwall says.

"We have always had a well-deserved reputation for guitar players," says Dingwall. "But our builders fly under the radar for the most part. Boutique instrument builders are by nature more of a 'word-of-mouth' type of industry. By that I mean that although we may have a high profile to a small number of players at the high end of the market, we are largely unknown to the masses."

SPORTS

EVERY DAY IN THE

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GARDENING

GARDENING LITERATURE

Made-on-the-Prairies advice for garden design

By Erl Svendsen

Too often, gardens are haphazard affairs. Plants arrive and get planted with little thought on how they relate to each other in terms of colour, shape, texture, size and function. The result can be boring, unattractive, more maintenance than intended and soulless.

the beauty of our garden spaces and extend our enjoyment beyond the first or five months of peak growth. That can be achieved with purposeful and thoughtful design.

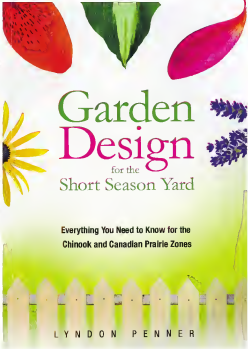
In the first section, *Practical Considerations*, Penner starts out reminding us that taking the time to design a garden is worthwhile, despite the initial investment in time and money.

He recommends taking inventory of existing conditions: plants, soil, water, climate and light conditions. And as he describes those conditions he offers plant suggestions that will thrive under existing conditions such as shade, drought and heavy soils.

Penner instructs us to be pragmatic and recognize that, despite the love and labour that we may pour into our gardens, there are biological challenges, like diseases, pests and weeds to be faced. But he describes strategies that will reduce some of those challenges such as fostering "good" natural enemies to prevent us as subzero.

In *Design Considerations*, Penner discusses popular trends and with a bit of imagination and plant smarts he suggests how to adapt those trends to suit Prairie conditions. He introduces us to these gardens, and describes several of the more popular and a few unusual ones. That at the heart of garden design is the basic elements of design: line and curves, scale, proportion and repetition, variety, rhythm and unity, balance, surprise and movement. Penner defines and offers an example of how these elements can be used and combined. Separate chapters cover concepts like negative space, focal points, and how to use and blend colours.

Now that you have a good grounding in the basic concepts, Penner fills it's time for drafting. *Now Design* is the third section.



SIGNS OF SPRING PHOTO CONTEST

Get your camera ready to welcome the season. We're looking for your best shots of the first blooms, leaves and shoots you can find in your garden, park, farmyard or field.

Rhotos must be good quality, in focus and high resolution. Add an explanatory caption, please. Two winners will be randomly chosen from the top 20 entries to receive a copy of Lyndon Penner's new book: *Garden Design for the Short Season Yard*.

Bridges will print a selection of the top entries in a subsequent issue.

Contest closes May 27. Send your photos to: bridges@thesarphenois.com.

Contestants must hold all the rights and authorization for images. Contestants grant Bridges the right to reproduce and publish submissions.

"A good garden is always the result of good planning," says Lyndon Penner at the start of his new book *Garden Design for the Short Season Yard*.

Penner is passionate about gardening and it shows through in his sometimes rambling but always entertaining style. This book is written for Prairie gardeners who have to contend with variable temperatures, diseases and variable soils. And during our short season, we need to be able to maximize

Everything You Need to Know for the
Chinook and Canadian Prairie Zones

LYNDON PENNER

GARDENING

Basically, this is where I feel the book falls short. There is little to no discussion on designing for function such as privacy needs or fruiting tree desirable views. Nor has the importance of identifying leisure space (play spaces for children and areas for adult social interaction), controlling or directing wind and taking into account utilities (e.g. overhead wires) been covered to my detail.

In other words how you intend to use the space and dealing with new plant challenges should be just as important as how beautiful the garden is.

Pomeroy has also not discussed the 'how' of design. How to implement existing and planned plants, how to label plants and structures, how to share the scale, how to indicate exposure and so forth. In short, the section on how to accurately and correctly draft out your plan has

been neglected.

Despite these shortcomings, Pomeroy has done a good job of covering many of the important design considerations and concepts. He of ten excellent advice on plant selection, choosing interesting garden styles and themes, and inspires us to be bold. I would pair his book with one that covers the mechanics of design since the 'how' is not specific to any region, whereas what Pomeroy writes about is Prairie-centric with unique design challenges and opportunities.

Garden Design for the Short Season (Yard) is available in many local garden centers and book stores. This column is provided courtesy of the Saskatchewan Provincial Society (www.saskprovincialsociety.ca, barb@psoc.org, psoc.org). Check out our bulletin board or calendar for upcoming garden education events.



Saskatchewan Provincial Society: Lynette Pomeroy is the author of *Garden Design for the Short Season*. Photo: SUBMITTED PHOTO

Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
How do garter snakes survive the winter when they are cold blooded?

David

Yes, all snakes are cold blooded which means their inner body temperature is the same as their environment. So if it is freezing outside, common garter snakes and the 5 other species that live in Saskatchewan, must either go to a warm area or else they will get crushed to the "soles". At the onset of winter, garter snakes will find natural burrows, underground pits or dens that lie just below the frost line, at least four foot underground, where the ground doesn't freeze. Within these sites, called hibernacula, hundreds of garter snakes will gather together and form a giant coiling ball at snakes. Some hibernacula in Manitoba can contain up to 15,000 garter snakes and some snakes will hibernate up to 1000 to get their wintering and after the snow melts the snakes emerge from their dens at 1st of June and begin their summer vacation. Now, all this talk about snakes might make you want to stick out your tongue and say "WWWW!!", remember that garter snakes are very important because they take care of pesky mice, insects that destroy crops and slugs that chew up gardens. Snakes are not as bad as humans think they are!

Send your questions to me at the address below. I'll watch Roger for the answers.

Your pet: Chip

Follow Lane Avenue SW to
14 km to Highway 97N
Turning right onto Highway 97N
Turn left onto Highway 97N
Turn right onto Highway 97N
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IN THE CITY

MAY 9, 2015 — 5:32 P.M.

It's in the cards



(From left) Nelsa Binner, age 7; Addison Frey, age 6, the Queen of Hearts, Kiera Burton-Miles, age 7, and Willow McFadden, age 8, greet guests at the Saskatchewan Bow-Injury Association's Bean-Ritz Gala. Photos: PHOTOM LAM RICHARDS



Next week in BRIDGES

Leslee Newman has spent her career building Saskatchewan's heritage and culture sector through her work at the Western Development Museum

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EVENTS

What you need to know to plan your week.
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OWNER

MUSIC

Wed., May 13

Joel Plaskett w/ The Emergency
Buddy's Pub and Grill,
1403 Highland Dr. N.

3 Stripes Festival
Buds on Broadway,
817 Broadway Ave.

Jazz Series: Jazz Jam w/ The Street Station
The Basement,
204 Fourth Ave. N.

The Detentions
Pizz's Pub and Grill,
1403 Highland Dr. N.

Thurs., May 14

Joel Plaskett w/ The Emergency
Broadway Theatre,
715 Broadway Ave.

Mike Howesfield
Crackers Restaurant & Lounge,
1-227 Firehouse Dr.

Budler
Buds on Broadway,
817 Broadway Ave.

The Drunken Superheroes w/ Absorption and Savage Henry and the Infernos
Amigos Central,
806 Dufferin Ave.

Van Ice Mystic w/ Cities
Vanzetta Tavern,
801 Broadway Ave.

Gerrit Weber
Delator's Dunes Casino,
214 Delator's Dunes Way/
Whitford

Fri., May 15

Hung Jury
Buds on Broadway,
817 Broadway Ave.



Canadian jazz pianist and singer Dana Kral will perform Saturday at TCU Place. Photo: Michael

DOT
Army & Navy Club,
303 First Ave. N.

Ken Martens
Tote McNally Robinson,
1400 Eighth St. E.

Relix's Rhythm Kings
Fairfield Senior Citizens' Centre,
1033 Fairview Ct.

Midnight LUV
Town Town Tavern,
3330 Fairview Dr.

Reactor Party w/ Artificial LIFE, Johnny 2 Pingers and The Definitives
Amigos Central,
806 Dufferin Ave.

Los Lonely Boys w/ Luke Nelson and Promise of the Real
Orbitas Event Centre,
241 Second Ave. S.

Sarah Harding w/ The White Lies
Vanzetta Tavern,
801 Broadway Ave.

ES Turbo
Capital Music Club,

244 First Ave. N.

Call Me Middy
Pizz's Pub and Grill,
1403 Highland Dr. N.

Jazz Rain
Star's Place,
1403 10th St. E.

Sat., May 16

Diana Krall
TCU Place,
303 2nd St. E.

Hung Jury
Buds on Broadway,
817 Broadway Ave.

DOT
Army & Navy Club,
303 First Ave. N.

Leon Ocho
Nurtura Lupton,
3021 Louise St.

The Lost Kings
McNally Robinson,
3300 Eighth St. E.

Gunner and Smith, The Northern Light, The Ashby Hundred and The Power Peel
Amigos Central,

804 Dufferin Ave.

OVERS w/ Bettye Teetles
Orbitas Event Centre,
241 Second Ave. S.

River Jacks, Goodthrough, Xenophones and Mystery Squad
Vanzetta Tavern,
801 Broadway Ave.

Witches and Rogues
Capital Music Club,
244 First Ave. N.

Call Me Middy
Pizz's Pub and Grill,
1403 Highland Dr. N.

Jazz Rain
Star's Place,
1403 10th St. E.

Sun., May 17

Acoustic Jam
Buds on Broadway,
817 Broadway Ave.

Mon., May 18

Lovemoot
Capital Music Club,
244 First Ave. N.

Tues., May 19

Skyls Marvel Band
Buds on Broadway,
817 Broadway Ave.

ART

Mandel Art Gallery

Until June 7 at 550 Speedline, One E. Spring exhibitions: The fifth World with works by indigenous artists, Susan Arnall School Art, and the RBC Artists by Artists mentorship exhibition, Time and Water, with works by Don Gibson and mentor Terry Billings. Free dance performance by the youth troupe Dance in the Prairie May 16, 3 p.m. Check out the closing sale in the Gallery Shop. The gallery will be closed June 8.

PUZZE

May 15-16, 7 p.m. to 9 p.m., at Bishop J. Mahoney High School. Showcasing student work in the Fine and Practical Arts, wood-working, drafting, sewing and art displays, one-act plays, monologues and performances by the Jazz Band. Eating and beverages will be sold during intermission. Tickets at the door.

Gordon Inglewood Gallery

Until May 15 in Room 151 of the University of Saskatchewan Library building, 504-40 Avenue to the River side by Patricia Shipley. Video work, light sculptures, paintings and photography.

The Gallery of Frances Morrison

Until May 21 at 311 23rd St. E., St. Paul's. A Geography of Metaphor by Ken Delorme.

Affinity Gallery

Until May 23 at 818 Broadway Ave. The Narrative Dish. Work by six ceramic artists: Jenn Denker-Lange, Maria Petersen, Elizabeth Barrett, Jane Cairney, Cathy Trepolet and Corrie Epp.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

Station Arts Centre, Bow-thorn

Until May 23 at 701 Midway Ave., Bowthorn. AGRICULTURE, a street exhibition inspired by OASAC. Works by Carl Baum, Alan Sapp, Daphne Odjig, Wayne Tems, Henry Beaulieu, B. Marston and Gerald McMeister.

Centre East Galleries

Until May 24 at The Centre Display by the Centre Galleries in the Royal Gallery display by Art for LIFE in the Jade Gallery, display by the Bridge City Artists in the Amber Gallery, display by the Seneca Adult Centre in the Seneca Gallery, photography by Imogen in the Crimson Gallery, and display by the Saskatoon Public Schools in the Magnets and Indigo Galleries.

Gallery on Third, Watrous

Until May 27 at 132 Third Ave. E. in Watrous. Children's art exhibit.

The Gallery at Art Placement

Until May 28 at 208 Third Ave. S. In Oils, 1960-2000, celebrating over 40 years of works made by Dorothy Knowles.

SOVAP Art Gallery

Until May 29 at 25.3 Third Ave. N. Book and Ball Kicks by Gae Lovers and D. Decaine.

320g

Until May 30 at 330 Ave. G. S. Rock, Paper, Scissors by Wally Don and Matthew Shilam.

Edgar Museum and Gallery

Until May 30 at 105 Third Ave. W. in Edgar. The annual adjudicated art show works by several local artists.

Headmedia House Showings

Until May 30 at 710 Broadway Ave. in North Vancouver, a show of flow art by Cindy Hoppe.

Darrell Bell Gallery

Until May 31 at 425-130 2nd St. E. in Finkle Landscapes by



Wild Rice Harvest Scenes, Men Tending Rice by Wayne Hines, on display at the Sharon Arts Centre in Bowthorn.

Dean Francis

Through May 31 at 188 Lorne Ave. A. Work by Chris Remmen and Charlene Gaudet.

Wheatland Regional Library

Through May 31 in Watrous. Wis-

Dean Francis

Through May 31 at 188 Lorne Ave. A. Work by Chris Remmen and Charlene Gaudet.

Art in the Centre

Through May 31 at Portludice Centre, 10 Grepper Cres. Works by Bridge City Artists.

STIM Gallery

Through May and June at St.

Thomas More College, 1437 College Dr. Bookends by Marlene Martin and Carolyn Miller.

Green Ark Collected Home

Until June 27 at 203 20th St. W. in Chimerica Plaza. A historical Representation and

the Temperamental Object: New works by Genid Perry.

Eye Gallery

Until June 13 at 111-132 College Dr. Photography by Tim Thomas.

Humboldt and District Gallery

Until June 30 at 601 Main St., Humboldt. Reprint on OASAC touring exhibit of Saskatchewan printmaking. Ethereal, a local perspective exhibit by Sharon Embury-Hines, runs until June 27.

Kabrig Fine Art

Until June 27 on the eighth floor of the Renaissance. Bronze sculptures of wildlife by Tom Schultz and hyper-modern woodrocks by William Perdue.

Western Development Museum

Until June 30 at 2600 Lorne Ave. in Regina. Finding Frodo's ship runs until July 5. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

Western Development Museum

Until July 5 at 2600 Lorne Ave. Echoes in the Ice: Finding Frodo's ship runs until July 5. A travelling exhibition that uses artifacts, images, audiovisual presentations and art.

St. Thomas More Gallery

Until Aug. 27 at 1437 College Dr. Sculptured by Marlene Martin and Carolyn Miller.

Livestock Museum of Canada

Until Aug. 31 at 910 Spadina Ave. in Toronto. A photographic series by photographers Lauren Gray and Kate Kozak.

* FAMILY

Kids and Seniors

Wednesdays, 1 p.m. - 4

Centre Cinema in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

G.P. Gilm & Play

Daily, 10 a.m. to 3 p.m., in Bay 4 of 519 South Bayview St. in Warden. Saskatchewan's newest indoor playground. For children up to age 10. Visit gilmplay.com or their Facebook page.

Pan Factory Indoor Playground

Daily at 1832C Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Scooterz Indoor Playgroup

Thursdays, 9:30 a.m. to 10:30 a.m., through May 14. Environmental Day at Church, 10:30 a.m. to 12 p.m. in Regina. A house home and toys for kids, designated infant play area, coffee/tea for parents. Restrictions on infant information at scooterzplay.ca or their Facebook page.

Continued on Page 23



SPRING The StarPhoenix
fashion
ROAD SHOW 2015
ONE DAY ONLY!
WEDNESDAY, MAY 13
MANO'S ON 8TH STREET 11 AM - 1 PM

JOIN US FOR GREAT FOOD, FUN AND FASHION!

The StarPhoenix invites you to attend our travelling luncheon fashion show Wednesday, May 13, at Mano's Restaurant on Eighth Street. See spring/summer fashions from Saskatchewan's leading retailers. Admission is free!

Guests will also receive an entry form to win an exclusive jewelry package from the MyKosmos collection created by local designer Options by Trish, valued at \$330.

FASHIONS BY:

Anthony's Fashion for Men

Caswell's

Edward Ryan Ltd.

Orlows

Klassique Designs

Midtown Place

Step Ahead Shoes

Two Fifty Two Boutique

Visions Salon & Spa

Joseph Ebbell/Sandbox in the City

SPECIAL GUEST DESIGNER:

Options by Trish

Professional models supplied by The Modeling

SPRING FASHION EVENTS

MAY 9

Politics flour is the theme of the **SASKATOON SPCA FASHION FAUX PAMS SPRING GALA**, taught at the "Misses Garden" line. The VIP special guest of honor is celebrity and hometown gal Sherron Tweed Simmons. This year's Gala will feature groovy beats, fun fashion, adorable animals and entertainment! The Fashion Faux Paws runway show will feature "We die by local retailers and designers." Tickets are \$75.00, in support of the Saskatoon SPCA.

A gift from **VISIONS SALON AND SPA** is sure to please mom on Mother's Day! Surprise her with a gift certificate for salon or spa services. Take advantage of Surface haircare deals on Texture Paste, Swift, Awaken styling spray, Sassy shampoo & conditioner; duos, and more!

MAY 11

The 25th annual **SILVER SPOON DINNER** takes place Monday, May 11, with special guest speaker Alan Thicke, star of the classic TV series "Growing Pains", best-selling author and recent inductee into the Canadian Walk of Fame. The gala event begins at 5:45 p.m. with a Live Mainstream Fashion Event during the champagne reception presented by Mainstream Plaza, followed by a lavish banquet and a fun evening with Alan Thicke. Tickets are \$200 per person, available at www.pscbc.com.

MAY 14 - 16

Visit **GENTRIES** in Seattle Centre for Spring Fashion Week savings! Buy one regular priced item and receive a second piece at 20 per cent off!

MAY 30

The **SANDBOX IN THE CITY** will be part of the Broadway Art Treasures, featuring special guest artist Andie Polychuk. Check out the fabulous savings at The Sandbox Text Sale! Visit The Sandbox in the City at the corner of Broadway and North.

JUNE 5 - 7

The **SASKATOON FASHION & DESIGN FESTIVAL** is a four-day style extravaganza, presented by ESYE Real Estate Group. Special events include the innovative STP Deconstructed Runway at Bottega Tredora (June 5) "IN FASHION at Midtown Place" (June 6), and SDR Place at River Landing Amphitheatre (June 7). For complete details, visit www.saskfashion.com.

JUNE 6

MIDTOWN PLAZA presents "IN FASHION", in collaboration with the Saskatoon Fashion & Design Festival. Fashion shows celebrate the theme "Around Town, Downtown and Uptown" and run from 1:00 to 4:00 p.m. at the top of every hour. A \$5.00 non-refundable fee guarantees your seat and an exclusive Midtown swing bag! For details, visit Midtown Plaza's website or check in on Facebook.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

Pop-In & Play

Thursdays until May 21, 9:30 a.m. to 11:30 a.m., at Kinlake Alliance Church, 300 Pinehulch-Cres. For children and their parents. Monthly themes, learning centres, snacks and occasional speakers. Information at office@kinlakealliance.ca.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:30 a.m., and/or Saturdays, 10:30 a.m. to 11:15 a.m., at Yoga Life, 2-19 Third Ave. S. Classes taught by Nina Zetzi. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at freedomfrombirthinjury@gmail.com, 360-360-8852.

Breastfeeding Cafe

Thursdays, 10 a.m. to 10:30 a.m., at Westside Primary Health Centre, 3331 Fairview Dr. A safe space to share your breastfeeding journey. Sessions will be facilitated by a lactation consultant with a wealth of educational presentation, and time for interaction with the other mothers.

Meals for Mommies

Thursdays, 10 a.m., at Rainbow Chimes in The Centre. An informal-friendly environment with reduced-cost, cheap, healthy, warm and delicious, and stroller parking.

Baby Talk at BPL

Fridays 10:30 a.m., at Alice Turner Branch, 1050 Kings, 10:30 a.m., at Carle King Branch and 10 Wood Branch, and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhyme. They sing with other parents.

Shoe'n Stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall

in Lincoln Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a socializing for parents and babies. Free poster at lincolnhighs.com/tourism/activities/tourism-touristinfo.com. No classes on sat holidays.

Kid Yoga Classes

Ages five to 16 on Saturdays, 10:30 a.m. to 12:15 p.m., for new schoolers ages five to 12 on Mondays, 10:15 a.m. to 11 a.m., at Yoga Life, 2-19 Third Ave. S. Classes taught by Nina Zetzi. Kids like to explore emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfrombirthinjury@gmail.com.

Practical Partner Workshops: Yoga for Children

Thursdays, 10 a.m. to 11 a.m., at South Kingsway, 348 Third Ave. S. Instructed by Nina Zetzi. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience required. Classes are six weeks. Register at freedomfrombirthinjury@gmail.com, 360-360-8852.

Free Family Fun

Sundays, 2 a.m. to 4 p.m., at the Westside Primary Health Centre, 3331 Fairview Dr. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. May 10 retrospective artwork presentation performance by Darius on the Politics of Mythological Acquisition.

Mom and Baby Yoga

Mondays, 11:15 a.m. to 12:30 p.m., at Yoga Life, 2-19 Third Ave. S. Classes taught by Nina Zetzi. For mothers with babies as young as six weeks. Tone and stretch your body, learn relaxation and meditation tools and explore breath-



There is a lot to see and buy at the Saskatoon Farmers' Market. BRIDGES PHOTO BY CHRIS PHIBBS

work. Classes are six weeks. Register at freedomfrombirthinjury@gmail.com.

Postnatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. It's suitable for four weeks to two years postpartum. Register at pregnancyandparentinghealthcentre@gmail.com. No class on sat holidays.

Canadian Light Source (CLS) Public Tours

Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 304-457-3644, email outreach@lightsources.ca or visit lightsources.ca/outreach/public_tours.php.

Practical Yoga

Mondays, 6 p.m. to 7 a.m.,

at Pregnancy and Parenting Health Centre, 348 Third Ave. S. Taught by a doctor and certified yoga teacher. Information and safe for any stage in pregnancy. Call 304-231-0443 or email pregnancyandparentinghealthcentre@gmail.com. No class on sat holidays.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Mayfield Anglican, 3130 69th St. E. For children ages three to five in the Circle of Trees. Call 360-955-1477.

Playgroup

Monthly and seasonal events. Hosted by Prairie Hearts Learning Community, a group of families inspired by Whole Brain Play. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages four to 14 can learn about technology and

how engineers help to develop. Classes, camps, parties, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids@r17.saskatoon.ca or 360-978-1186.

BRICKS 4 KIDZ! Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit bricks4kids.com or call 360-978-3249.

Saskatoon Public Library Programs

Offering daily programs for children and families. Find the calendar at saskatoonlibrary.ca/children/1616.

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year round. Wednesday and Sunday, 10 a.m. to 3 p.m.,

and Saturday 6 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during peak hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 360-366-6263, saskatoonfarmersmarket@gmail.com.

Biggie's Basement Net Store

Wednesdays, 10:30 a.m. to 3 p.m. at St. Paul's United Church, 454 69th Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the LightHouse project.

Mayfair Carpet Bowling

Wednesdays, 7:15 p.m., at Mayfield United Church. Beginners and experienced players are welcome. For information call 360-651-2221.

Conedy Night

May 13, 7 p.m., at Crested Music Club, 264 First Ave. N. Featuring Kelly Taylor. Admission at the door.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

Literature Matters Talk
May 13, 7:30 p.m., at Grace Westminster United Church, 50512th St. E. Panel on the 2015 Shakespeare on the Saskatchewan season.

Evening Musings Show
May 13, 8 p.m., at St. Joseph Parish Hall. Presented by the Northern Lights Musicians & Old Time Music Society. A night of live music. Featuring The Lonely Heartstring Band. Tickets at the door \$10/pw on Facebook.

Spraguefest
May 13-14 at the German Cultural Centre, 360 Cartwright St. E. Visit spraguefest.com.

Leave a Legacy Luncheon
May 13, 11:30 a.m. to 1 p.m., at Parkland Park. A luncheon with keynote speaker Oksana Klyachko. Discovering the importance of legacy gifts. Tickets at picnic.com

Carpet Bowl
Thursday, 12:15 p.m., at Nations Legion Hall, 3021 Louise Ave. Hosted by the Nations Senior Citizens Association. Lunch and coffee are available for a fee.

Death Café
May 13, 7 p.m. to 9 p.m., at The Refectory. An opportunity to talk openly about death with ongoing tea, coffee and cake. A group directed discussion designed to increase awareness of death and help people make the most of their lives. Register at deathcafe.ca. Admission is free and donations are accepted. Information at deathcafe.ca.

Zumba in the Park
May 13 until June 25, 7 p.m. to 8 p.m., at Greenview Under Park. Presented by Evergreen Community Association & Fitness program. It combines Latin and international music with dance

moves. Tickets at picnic.com

SPCC Dances
Thursdays, 7 a.m., in room 13 at Albert Community Centre, 540 Clarence Ave. S. Saskatchewan International Folkdance Club team dances from many countries around the world. First night is free. Visit spccdancespace.com

The Seal and the Body: Making Connections in Understanding Contemporary Movement

Thursdays until May 21, 8:30 a.m. to 10 p.m., at First Floor Dance Centre, 224 25th St. W. Produced by the First Floor Dance Theatre Company. Free community dance workshops for ages 17 and up. Instructors are Suzanne Melville and Jackie Letwinchew. Dancers and creative movers are invited to attend any or all of the workshops. Information at firstfloordance@hotmail.com.

Borden Farmers' Market
Fridays until June 5, 11 a.m. to 5 p.m., at Borden Fair Mall. Information at 326-997-2119

Nepal Earthquake Fund-raiser
May 15, 6 p.m., at Westgate Alliance Church, 3325 Centennial Dr. An Indo-Canadian community initiative to raise funds to support the relief efforts after the Nepal earthquake. An Indian supper and information about the relief work undertaken by Immigrant Hospital Association in India. Information at thecanadianindian.org/nepal_fundraiser.

Saskatoon Children's Association Meetings
They meet the third Saturday of the month, 10:30 a.m. May to September at the Log Cabin on the Exhibition Grounds, and October to April at Doc Holliday's, 1301 11th St. 35 New members are welcome. Information at the social



Wicked Witch plays the Wicked Witch and Madeline did not play Dorothy in *Wicked Witch*. Photo by Susan C. The Wicked Witch of the West and Dorothy in *Wicked Witch*. Photo by Susan C.

the door

Tonight's Poetry May 13, 7:30 p.m., at The Weekly Alp House, 148 Second Ave. N. Topic: Poetry. Booking: WCL 2014 Year: Topic.

Off-Streetway Market/Venue, International Bazaar, and Bazaar
Thursdays, 11 a.m. to 6 p.m., in the basement of Grace Westminster United Church, 505 10th St. E. Offering a new daily locally produced food, clothing and accessories from India, past and present, Indian, and Indian dishes. New vendors welcome. Call 326-664-2940 or email india@hmsa.org.

Weekend Community Centre's Clothing Depot
Saturdays, 10 a.m. to 2 p.m., at 3488 Fairlight Dr. Free clothing for all sizes, free baked goods from a local bakery. They take donations of clothing, footwear, accessories and toys. Information at 326-232-4737.

Calistoga Spring
May 16, 7:30 p.m., at Knox United Church. Arndt Quartet performs. Works by Haydn, Mozart and Debussy. Tickets at 326-356-7177, pamphlettheatre.org or at

English Poetry May 13, 7:30 p.m., at The Weekly Alp House, 148 Second Ave. N. Topic: Poetry. Booking: WCL 2014 Year: Topic.

English for Employment Clinic
Hosted by the Saskatoon Open Door Society. Improves English pronunciation and communication, and is what you need to find work in Saskatchewan. Information or registration at 326-250-4332, 326-613-4444, 326-250-4338, saskatoonopen.doors.ca, ajana@open.doors.ca.

THEATRE
3rd Annual Spring Festival of the May Night
May 16, 8 p.m., at The May Theatre, 326 20th St. W. Featuring comedian Don Gernick. A comedy fundraiser for the May Theatre. Tickets at 326-514-7773, sawpnp.org, facebook.ca or at the door

Book Signing at Monthly Reader Book Store
May 13, 7:30 p.m., at Monthly Reader Book Store, 3100 Elphinstone St. E. For schedule and information visit monthlyreaderbooks.com/saskatoon_events

English for Employment Clinic
Hosted by the Saskatoon Open Door Society. Improves English pronunciation and communication, and is what you need to find work in Saskatchewan. Information or registration at 326-250-4332, 326-613-4444, 326-250-4338, saskatoonopen.doors.ca, ajana@open.doors.ca.

THEATRE
3rd Annual Spring Festival of the May Night
May 16, 8 p.m., at The May Theatre, 326 20th St. W. Featuring comedian Don Gernick. A comedy fundraiser for the May Theatre. Tickets at 326-514-7773, sawpnp.org, facebook.ca or at the door

from across Canada, with input from the public. Admission is free and donations are accepted. Information at saskatoonlights.ca.

Heaven's Singers: The Wizard of Oz
May 13-14 at TCU Place. Take a journey down the yellow brick road with the Heaven's Singers. Tickets at 326-573-7799, tcdtickets.ca.

The No-No's
May 15, 9:30 a.m., at La Roca, 303 Fourth Ave. N. The Improv comedy troupe performs. Admission at the door

Bread
May 16-24 at the Refectory. A support group for people with children. The story of adoption of two young babies. Honey Penny and Chicken Little are older opposites who must work together to save their community. Tickets at wickedcafe.ca.

Metzcherik
Until May 17 at Village Opera & Arts, 432 20th St. W. Sweet off her feet by Village Opera & Arts. A young woman was born behind the wheel and grew up to start again in a land of opportunity and freedom. A not-very-fake folk-music about the life of a very modern woman. Tickets at 326-384-7777, paraphrase-theatre.org.

Cross in the Caribean
Until May 17 at Studio 54, 914 20th St. W. Presented by SNTC. For a special 30th wedding anniversary, their children decide to send them to a resort in Mexico that mother has never been outside their Creole community. Tickets at latrippintheatre.com, 326-567-1321.

Over the Hill and On the Way
A group of people who are over the hill and on the way. A group of people who are over the hill and on the way. A group of people who are over the hill and on the way.

ASK ELLIE

The busy, early years can build a deeper connection

Q. My husband and I had two kids from within four years, so we work, have a small home, modest income and are tired most of the time.

Sis is independent or overstepped by the kids, working up, or one of us filling valleys, but there's still good chemistry between us.

How do people with busy and young kids find time to be in love?

A. The youngsters you're raising together, the jobs that you try to do well, one part of your life as lovers.

But your "to-do" include making time for sex... wake up early once a week, shower together whenever possible, get a dinner for two ordered hours after the park while you return to bed etc.

Remember that when two people create a life together, much time goes into maintaining the connection through communication, affection and appreciation.

Added up, it's how people stay together. The love deepens.

Q. My wife's an agency social

Ask Ellie



worker and talks about our relationship like it's a case study. She tells me when I'm transferring my emotions, determining, analyzing, etc. I love her, but resent the clinical analysis.

When I say this, she says I'm trying to change the topic. But she admits she loves me, too.

How can I deal with a partner who thinks she's the expert on what I'm feeling?

Her reliance on professional jargon is also distancing and disorienting!

Just that for my serious problems in the marriage, you need a neutral assessment, from a profes-

sional who's not her colleague, and knows how to speak a common language to clients.

However, if that's the only problem you face, keep discussing, then make a deal: That you both agree on without her clapping labels on your behavior, and without you overreacting to same things.

If either one slips, the other has to get out of the "relationship" envelope. At month's end, the winner's credit for going out together on a fun "date," no analysis allowed.

When you're out having a good time, realize that if this is your biggest anger, you'll be together a lot longer.

Q. My husband of 11 years says we should stay together for the children. But I'm tired of his not meeting his practical responsibilities.

His corporate "buddy" has two boys, eight-week and a baby. In his indulgence with the kids I'm left to be the disciplinarian, to work extra hours to afford a two-week trip (rental and house repairs).

I'm always stressed and tired, so he says I'm a nag when I ask him to do more at home. I'm not sure we can make it for the long term.

I know both consider has slack, that makes you tired and stressful.

But you don't mention your feelings for him, though he was likely the same guy through pay when you were initially attracted.

Now you seem to be looking for confirmation that you can prepare yourself for a break up.

However if he's actually a good man for whom you do still have feelings, try his OTOP doing everything that you want him to do instead of working long extra hours, plan summer parties, back yard barbecues, on-earthy day trips and things on an expensive cottage rental. Make DIY house repairs a project to do together.

Perhaps if you joined him in a more relaxed approach, there'd be more fun and ease between you. It's worth a try.

Q. We're a gay couple with very different backgrounds. I grew up in a rural Ontario town, and have hardly travelled. He's worldly and sophisticated, having lived in New York, London, and Hong Kong.

Somewhere we clicked immediately when we met five years ago, and have a great relationship.

We're in our 40s and devoted to each other. But I fear the bubble will burst. What do I have to do to keep this wonderful man in my life?

Answer

A. You have to realize and believe that you're just as wonderful, in profound ways to him.

Your great relationship continues, as three-year old marriages may or may not.

Annex as traditions of couples joinery and shared couples. Don't neglect thinking.

Just as you learn from him, he learns from you. He may love your humor, your down-to-earth nature and your lack of pretensions.

Measured by attachment and one day, you are equals.

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HEALTH ISSUES

Advice about salt keeps evolving

By Marta Zaraska

Salt intake that is often deemed high might actually have benefits, scientists say.

"We humans eat more salt than is necessary but we still do it. So the question is, why?" asks Paul Steffen, a professor of nutritional sciences who researches sodium appetite at New Jersey's Rutgers University. In the past, people thought salt boosted health — so much so that the Latin word for "healty" — "salus" — was derived from "salt" (sali). In medieval times, salt was prescribed to treat a multitude of conditions, including toothaches, stomach aches and "heaviness of mind."

While governments have long pushed people to reduce their intakes of sodium chloride (table salt) to prevent high blood pressure, stroke and coronary heart disease, there are good reasons why cutting down on salt is not as easy thing to do.

Scientists suggest sodium intake might have physiological benefits that make salt particularly tempting — and ditching the salt shaker difficult. It comes down to evolution.

"In biology, if something is attractive and is linked to pleasing it, it must be beneficial, adaptive or evolutionary benefit," says Michal Leishner, a professor of psychology at Haifa University in Israel, who spent decades researching salt's unique appeal.

People tend to consume about the same amount of sodium as matter where they live, and this amount hasn't changed much as decades. Those facts hint at the biological basis of our sodium appetite.

In an analysis of 100 studies spanning 50 years and dozens of countries found the quantity of sodium that most people consume (and then excrete) falls into a remarkably narrow range of 2.6 to 6.8 grams per day. And then there are extremes. In 18th-century Sweden, for example, people ate 100 grams a day, mostly from fish that had been salted to preserve it.

And in fact, salt is a good for us. Sodium is necessary for preventing dehydration for proper transmission of nerve impulses and for several functioning of cells. If we ate no sodium at all, we would die. When they become sodium-deficient many animals go out of their way to find the mineral. That's why, for example, thirsty



Scientists suggest sodium intake might have physiological benefits that make salt particularly tempting — and ditching the salt shaker difficult. AP Photo

clothes of athletes tend to attract moisture goals.

Sodium depletion can develop after severe sweating, diarrhea or vomiting or if you see a lab rat, after it is induced by a scientist. Pharmacology professor Alan Kim Johnson and colleagues from the University of Iowa gave rats diuretics and found that sodium-depleted rodents acquired a strong attraction for salt-laden chips.

— One sodium deficiency is rampant, said oncologists last a lifetime. That happens with business too — but only if the deficiency strikes in very early childhood or even before birth.

If your mother suffered frequent vomiting as pregnancy or if you lost significant amounts of sodium as a baby (due to vomiting or diarrhea, for example), chances are you'd try to eat more salt than other people do even if as much as 10 percent, as one of Leishner's studies has shown. This

is probably because sodium depletion affects our central nervous system so that we develop longstanding goals for the mineral, Johnson says.

In one of Leishner's studies, babies who had low concentrations of sodium in their blood as the first weeks of their lives grew up to be teenagers with a penchant for salt, even salt that is seemingly hidden in processed foods.

Then if you can't taste the salt, up recently your body does its work as an unconscious leech to condition a preference for sodium. "Leishner explains.

This makes sense from an evolutionary perspective, says David Prentice, a UCLA anthropologist. If a mother or her child experiences sodium deprivation it could mean salt is hard to come by in their environment — and so it is better to be as a constant lookout for it. That is also how business may have evolved their general liking of salt,

Johnson says.

Eating salt might also help calm us, or reduce our stress. In animal studies, the effects are pretty clear, but the effects in humans are not as well documented. Still, there is some evidence. In a 2014 study involving about 10,000 Americans, Leishner and his colleagues found a relationship between salt intake and depression. Women whose diets were high in sodium were less depressed than other women.

Maybe people are self-medicating with salt," he means. "But that's a small effect: salt is not going to cure anyone of depression."

Results between there may be an other evolution-based reason why we love salt. "Salt is essential around our bodies in animal models, resulting in more offspring," he says. Male rats on high-sodium diets, for example, have increased sperm counts.

And in a 1981 experiment, men whose sodium intake was lowered to

64 grams a day experienced reproductive dysfunction more often than those who consumed three grams a day.

Finally, there are some diseases that can turn a few of us into salt gluttons. About 10 percent of people with adrenal insufficiency (Addison's disease) — which can cause weakness, nausea and low blood pressure — experience acute salt cravings. Eating salt shakers from them may not be a good idea.

Yet most of us do not need huge amounts of salt to survive. Just the opposite. About half of humans are what is called salt sensitive. If they consume lots of sodium, their blood pressure will go up.

Cut your sodium intake. If your health condition requires it and your doctor recommends it, but don't look at salt as an evil (it should be based from your plate completely. There might be salt reasons why your body craves it.

For The Washington Post

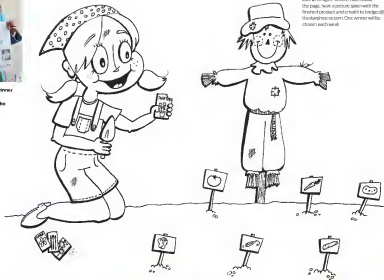
OUTSIDE THE LINES



Last week's contest winner is Topanga Grippen. Thanks to everyone who submitted entries!

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages. Children can colour the page, have a picture spree with the friend's contact and email to thebigphoto.com. One winner will be chosen each week.



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SHARPEATS

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SASKATCHEWAN FOOD TRENDS

Spice mixes make healthy meal prep easy

By Jenn Sharp

A Saskatchewan company is making it easy to eat fresh, organic spices and herbs.

Splendor Gardens, based near Watrous, is a line of successful high quality organic and herb containers. The all-purpose measuring jar is one of my favourite: sprinkle it on rice, roast-of vegetable or chicken dishes. Try the veggie dip on peppers or potatoes and the pork seasoning on anything to which you want to add a little heat.

Splendor Gardens began as a health initiative after owner Colleen Hanesacker was diagnosed with breast cancer in 2011.

"When you go through something like that, you're always looking for ways to eat healthier," she says.

She wanted to find a way to consume more nutrients without taking in more food.

"We're really missing out on the nutritional benefits of spices and herbs by not using enough of them."

She started looking for a good line of organic spices and herbs but couldn't find much. The ones she did find were high-priced or only sold in bulk.

"I'd rather buy a small amount and buy it fresh and have it taste good."

In 2013, she quit her job to volunteer and began developing a business plan for Splendor Gardens. Hanesacker attributes both the decision to her faith.

"I have a strong belief and faith in God and felt that this is what I was being called to do. So I took a huge leap of faith and here we are today."

That leap of faith paid off. She launched the company in 2013 with 25 different spices and herbs. She's since added more options along with gift boxes. Splendor Gardens is now sold in almost 400 stores across Canada.

"One thing that makes us stand out is our quality. People really notice a difference."

Sauerkraut paprika is a favourite of Hanesacker's, she says it on every thing from roasted vegetables to



Just chicken made with Splendor Gardens's spice. (Bridges Photo by LAM PHAM)

steak. Cumin is a top seller, try it on oatmeal and you'll hardly need any brown sugar.

She says that was the purpose behind the line: "For people to be able to use spices and eliminate using sugar butter and salt to flavor food."

Splendor Gardens's organic spices are imported from several different countries. Everything is certified organic from the growers and heated again as a guarantee by Hanesacker's supplier. The certified organic status means that chemical and synthetic fertilizers are not used and the grow-

ers from which the spices are sourced use no GMO seeds.

The spices come to her plant in Watrous in bulk, where they're put into the retail packaging (by the way, Hanesacker also moonlights as an artist. She painted the watercolor logo designs on the packaging.)

She'll be expanding the product line this fall. For a full listing of store locations and recipes visit www.splendorgardens.com.

jsharp@thetartphoenix.com
Twitter: @jsharp09

EAT THESE WORDS
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- Tickets at www.slowfood.ca/sk

Food is so often food for accompanied by traditions that reflect an urban life within nature. Join the conversation about good food and the food during this conversation that celebrates the fine things in life.



#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Changes pages briefly with "lee"
5 Sails for a citizenship applicant
6 Starts for one
10 Inevitably burning
16 Country music's "Young Island"
18 Owner of the fence "Goodbye"
17 Galileo never heard
19 Country that's south of South Sudan
20 City near the city meaning "wonder of the ancient world"
21 Bryn _____ College
23 Explains and
24 Not true on the River
25 Into with Robert Day
27 From Warner
28 Consider along the looking
30 French plants
32 Ask or bring
33 First National Locomotive with 200 horses
34 Conductor's place
38 The "24" of night
41 Town's cargo
42 Danvers of "Girls"
43 Drawing category seen five times by Linemen
44 One featured in "Oz" film

- 45 Carver on a life fly
50 Alley-oop pass maybe
51 U.S. counterpart to "Guns & Roses"
55 Cable net acquired by AT&T in 1999
56 "I-4" costing \$180
57 After Schenker
58 French 101 verb
60 Calls off
61 Top level of 1960
62 Inspired some of his best
63 Referring to the winners as the three is used often regarding the wealthy elite in U.S. and in Britain
64 Cheap smoker
- 66 Pop out
70 Carver's setting
71 Japan's tennis jokers
72 "Good _____"
73 Aspiring city's color

DOWN

- 1 This connects
2 Hypothesis, at times
3 "Give it my all"
4 Tough test, simply
5 _____, not (qualifying)
6 Mother's left-hand
7 Don't know either
8 Phobia's guide layer
9 Big bit of work
10 Sound of an arrival
- 11 Drag with a 2000
12 Into the Elder's language
13 River, July 4th, rising fast
14 Vocal scratcher
15 United-States war
16 Use full name: city
17 One of a pair: 19, 20
18 Year of the _____ (Nov. 20/21)
19 Area for a site
20 named _____ (1900s military code in baseball)
21 Four late cocktails
22 Anthropologist's employer
- 23 Republican stronghold
24 Outside on
25 Make his violin
26 Tries to
27 Happy hour spot
28 Old-fashioned fig.
29 What's called of myth
30 "Mighty _____"
31 Decent no longer
32 Sound of the "Lord of the Rings" movies
33 London's public house
34 First queen of Calicut
35 Dressed like Robt
36 A. In Father
37 "God is"

PUZZLE BY ZHOUJUN BLANKS

JANRIC CLASSIC SUDOKU

Level: Bronze

Fill in the blank cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Gold (hardest).

7	9	8	4					
		4		5	7		8	
1	6		7	3			1	
		6	8					
8	2		9		5		6	
	7			2	3			
	4			5	8			7
5	7	4				3		
			7	6	4		9	

Solution to the crossword puzzle will be in the Sudoku code found on Page 31

DIANA KRALL

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RECIPES

Three varieties of compound butters for the barbecue

By Sara Moulton

It's summer and your grill is about to go into overdrive. At the start of the season you'll probably be content to cook up perfectly sautéed—but otherwise unsaturated—steaks, chops and parfaits in restaurants. A few weeks down the road, you may want to dress them up a little bit. Flavored butters do the trick beautifully.

Flavored butters couldn't be any plier to make. You start with softened unsalted butter (unsalted so you can control the seasoning) and add just a little bit of one or more flavorings. If you're adding solid ingredients such as shallots or herbs, they must be minced, and you need to keep the amount of those ingredients down. The many additions and the butter won't bind together. You also need to keep the amounts down if you're adding liquid ingredients such as citrus juice or Worcestershire sauce. Butter can only absorb a small bit of liquid.

Whether your flavorings, I recommend that you roll the butter into a cylinder, which makes it that much easier to cut neat portions out when it's time to glaze that steak. If the butter is too soft to roll just after you've added the flavorings, put it in the refrigerator for 15 minutes to firm it up. Then just slice the butter into a piece at plastic wrap or use a rubber spatula to smooth it as best you can into the shape of a cylinder. I've suggested a specific size in the recipes below, but you can size your cylinder any size you need—short and fat or long and thin. And don't worry if the cylinder isn't perfectly shaped or firm, cut just after you wrapped the plastic around it; it'll be easier—using the plastic wrap—to make it more shapely. The final touch is to brush the ends like a sausage, which compresses the butter.

If you're going to use the butter the day you make it or in the following few days, put it in the refrigerator. If you're recharging it for future meals, wrap the cylinder in foil and store in the freezer. When the moment is ripe, you don't need to cut it into your newly grilled steak and pat it on it; it will melt with the meat's juices and form an appetizing crust without issue.

The herb butter described below is the ideal complement to fish and



From left: steak, trout and herb butter to give some new flavor to your barbecued food this summer. AP Photos

fish, meats and vegetables. The citrus butter plays nicely with fish and vegetables. And the steak butter is the perfect partner for big steaks, as well as for sandwiches, especially portobello. But the possibilities are fairly endless. Now that you know how you can make up your own flavored butters.

COMPOUND BUTTERS

Here are three delicious variations on compound butter. Pick your ingredient mix, then follow the instructions.

Start to finish 10 minutes, plus chill time.

—HERB BUTTER

> 1/2 pound (2 sticks) unsalted butter cut into tablespoons and softened

> 2 tsp minced fresh dill, sage, or a mix of these herbs, plus or minus

> 1 tsp lemon oil

> 1/4 tsp ground black pepper

—CITRUS BUTTER

> 1/2 pound (2 sticks) unsalted butter cut into tablespoons and softened

> 1 tsp ground lemon zest

> 1 tsp ground lime zest

> 2 tsp lemon juice

> 1/2 tsp kosher salt

—STEAK BUTTER

> 1/2 pound (2 sticks) unsalted butter cut into tablespoons and softened

> 2 tsp Worcestershire sauce

> 1 tsp Dijon mustard

> 1 garlic clove, finely minced

> 1/2 tsp kosher salt

Instructions:

1. In a medium bowl, use a fork or a rubber spatula to combine all ingredients, mixing until.

2. On the counter, spread a sheet of plastic wrap, each 20 to 30 cm long. Transfer one half of the butter to

each sheet and use a plastic spatula to shape the butter into a log about 15 cm long and 2.5 cm thick. Wrap the plastic wrap around the butter using it to smooth the log, then twist the ends to (like a sausage) until the log is about 30 cm long by 1 cm thick. 3. Wrap the log of butter in foil and chill or freeze until you are ready to use it. Cut off tablespoons and place on grilled steaks, chicken, fish or vegetables.

EDITOR'S NOTE:

Sara Moulton was executive chef at Gourmet magazine for nearly 25 years, and spent a decade hosting several Food Network shows like *Curious* stars to public television's *Save the Weeknight Dinner* and has written three cookbooks, including *Sara Moulton's Everyday Family Dinners*.

THE ASSOCIATED PRESS



WINE WORLD

#LA VIEILLE FERME

If you want a versatile red, ask for the chicken wine

By James Romanow

I've watched the area with some bemusement for the last year. People suddenly want to return to the days of backyard chickens.

I actually am an expert on this topic. My grandmother kept chickens in a coop at the end of the yard until the city made it illegal. She let them scratch the clods and bugs in her garden. Then when we came for dinner, she would apply the soil and I would watch with fascination as the chickens would run around headless.

I doubt most neighbours would wish to watch this demonstration of the food chain in day. I do prefer to be a fantasy farmer, at least. I still have some affection for the VERY fresh meat chickens. Most people drinking wine with such a meal would go with a white wine, or possibly a pink one, but I prefer the fresh bright flavours of young reds from the south of France.

Meet the chicken wine, La Vieille Ferme (or Vieille Ferme) which translates as "the old farm". Very few liquor stores carry this wonderful year-round 10 percent and most of them have a clear how to say it signifying that old "one year" "the chicken wine" and they'll get you to the right aisle in a heartbeat.

It's a blend of Rhône grapes, mostly Grenache noir and merlot, and the blend comes in from vintage to vintage to keep the price of the bottle and the wine drinkable. Buy a bottle



as the way home, stick it in the freezer for about 30 minutes to take it down to 15 degrees, and enjoy one of the best valued, scrumptious reds out there.

La Vieille Ferme, \$14.50 ****

Online only at Monday's StarPhoenix and a while for summer in next week's Bridge room on Twitter @jbrunson.

Crossword/Sudoku answers

TRIP	ESL	TEMPO
ROTE	ELI	ORWELL
ATRAP	PLUS	UGANDA
CAIRO	MAWR	HELM
ETE	SCP	EIS
SEDGES	ASS	OTT
ORCHESTRAPIT		
ARCA	ORE	LENA
BESTIAL	ALUM	
COC	AGE	ASSIST
NAL	TGI	ARR
ETRE	ENDS	DIANA
WAGGED	ITS	ATRAP
STOGIC	DIE	AUTO
EYONS	ONE	LSAT

7	2	9	8	4	1	6	3	5
3	1	4	9	6	5	7	2	8
6	5	8	7	3	2	9	1	4
1	9	5	6	8	7	2	4	3
8	3	2	1	9	4	5	7	6
4	7	6	5	2	3	8	9	1
9	4	3	2	5	8	1	6	7
5	6	7	4	1	9	3	8	2
2	8	1	3	7	6	4	5	9

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